

# Exercise Warning Signs

*We all know that taking part in a regular exercise program is a great thing to do for your health. However, as a fitness leader you should be familiar with, and inform your members of those rare circumstances if “warning signs” of exercise should arise - they should not be ignored. If any of the conditions listed below should occur, stop exercising and consult a physician before resuming your program (warning signs taken from AFP 50-45).*

- Abnormal heart action: irregular pulse, rapid or fluttering heart rate, sudden burst of heart beats, or sudden decrease of pulse rate during exercise.
- Heavy pumping or strongly felt palpitations in the throat or chest (beyond normal exercise feeling)
- Dull pain, ache, or heavy pressure in the middle of the chest before, during, or after exercise
- Abnormal shortness of breath associated with chest pain
- Sudden pain or numbness in any part of the body (especially in the left arm)
- Pain or heart burn in region of the upper abdomen
- Extreme dizziness, sudden loss of coordination, cold sweat or loss of consciousness
- Temporary loss of speech or vision